

NOTE:  
Please read all instructions  
carefully before using this  
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
PHC 750

Retain This  
Manual for  
Reference

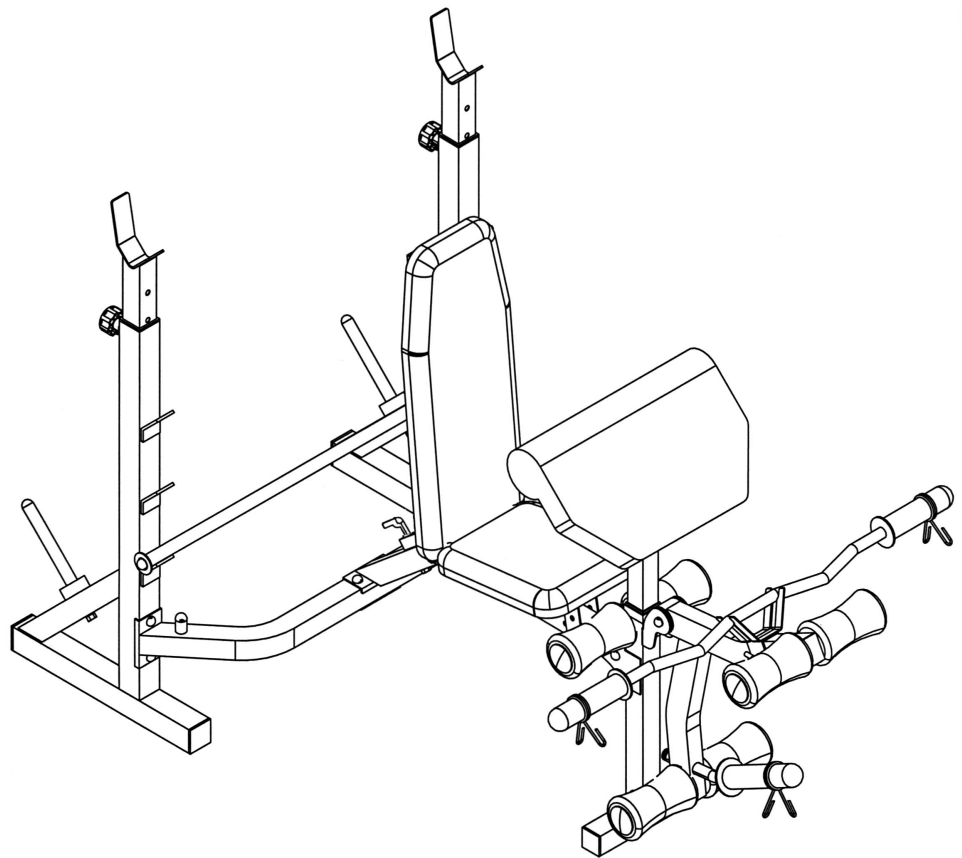
09-26-01

OWNER'S  
MANUAL

**IMPEx**  
FITNESS PRODUCTS

## POWERHOUSE CLUB

### PHC 750



### IMPEX FITNESS PRODUCTS

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

Tel: (800) 999-8899 Fax: (626) 961-9966

[www.impex-fitness.com](http://www.impex-fitness.com)

[info@impex-fitness.com](mailto:info@impex-fitness.com)

---

## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE IDENTIFIER.....	3
ASSEMBLY INSTRUCTIONS.....	4
EXPLODED DIAGRAM.....	8
PARTS LIST.....	9
WARRANTY.....	10
ORDERING PARTS.....	10

---

## BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE PHC 750 by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

**Toll-Free Customer Service Number**

**1-800-999-8899**

**Mon. - Fri. 9 a.m. - 5 p.m. PST**

**[www.impex-fitness.com](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

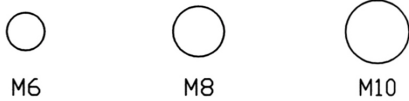
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

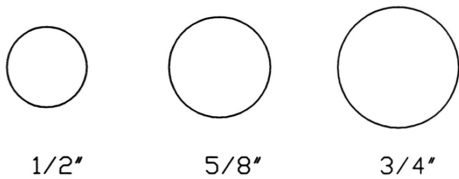
# HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

## MILLIMETERS



## INCHES



## REPLACEMENT PARTS

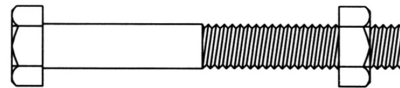
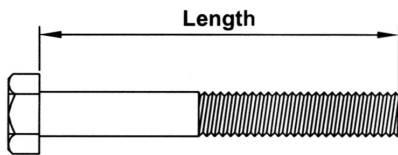
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

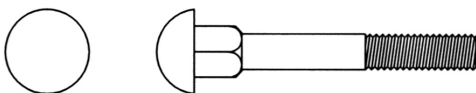


**1-800-999-8899**

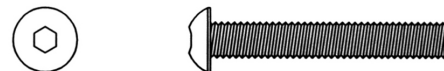
**NOTE:** When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

# ASSEMBLY INSTRUCTION

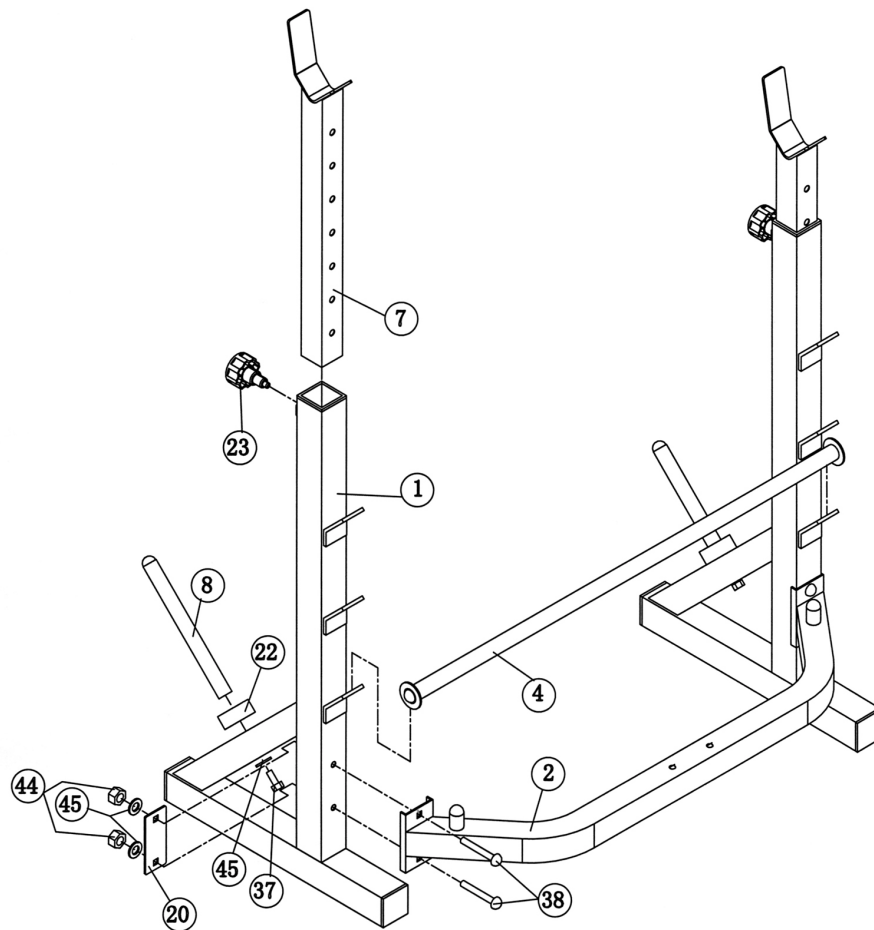
**Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches**

**NOTE: It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.**

## STEP 1 (See Diagram 1)

- A.) Connect the two Upright Beams (#1) by a Cross Brace (#2) in the mid-span. Align the holes and secure them with one Bracket (#20), two M10 x 3 1/8" Carriage Bolts (#38), two  $\text{\O} \frac{3}{4}$ " Washers (#45), and two M10 Aircraft Nuts (#44) on each end of the Cross Brace.
- B.) Place Backrest Adjustment Bar (#4) between the two Upright Beams on the selected bar holder to obtain desired incline of Backrest.
- C.) Insert two Crutches (#7) into the top openings on the Upright Beams. Secure them with two Lock Knobs (#23) through selected holes to obtain desired height of the Supports.
- D.) Slide a Rubber Bumper (#22) onto a Weight Post (#8). Insert the Post into the hole on the back of the Upright Beam (#1). Secure it with one M10 x 1" Allen Bolt (#37) and  $\text{\O} \frac{3}{4}$ " Washer (#45). Repeat the same step to install the other side.

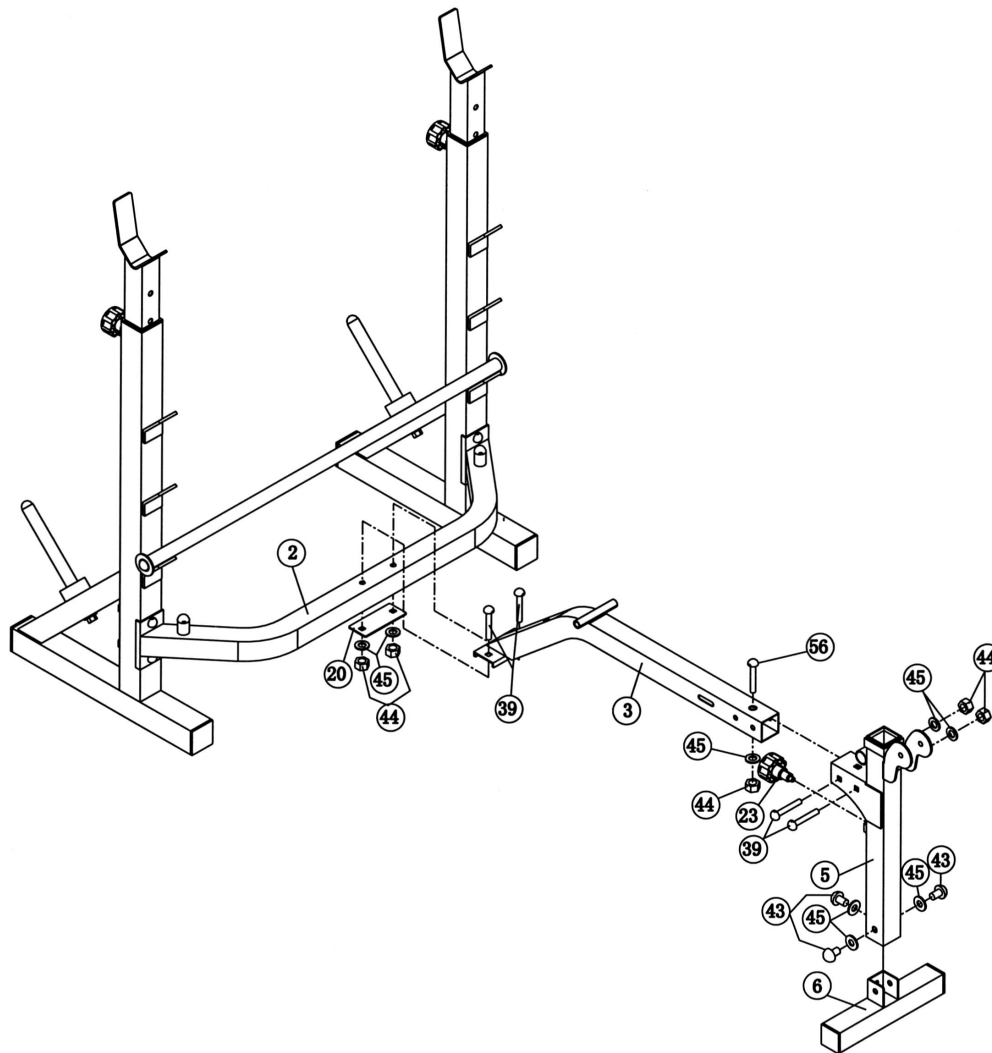
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach the Leg Developer Holder (#5) to the Front Stabilizer (#6). Secure it with three M10 x 5/8" Allen Bolts (#43) and  $\varnothing$  3/4" Washers (#45).
- B.) Attach the Leg Developer Holder (#5) to the front of Main Seat Support (#3). Secure it with one M10 x 2 1/2" Carriage Bolt (#56), two M10 x 2 3/4" Carriage Bolts (#39), three  $\varnothing$  3/4" Washers (#45), and three M10 Aircraft Nuts (#44).
- C.) Attach the back of Main Seat Support (#3) to the Cross Brace (#2). Secure it with one Bracket (#20), two M10 x 2 3/4" Carriage Bolts (#39),  $\varnothing$  3/4" Washers (#45), and M10 Aircraft Nuts (#44).
- D.) Insert one Lock Knob (#23) into the hole on the back of Leg Developer Holder.

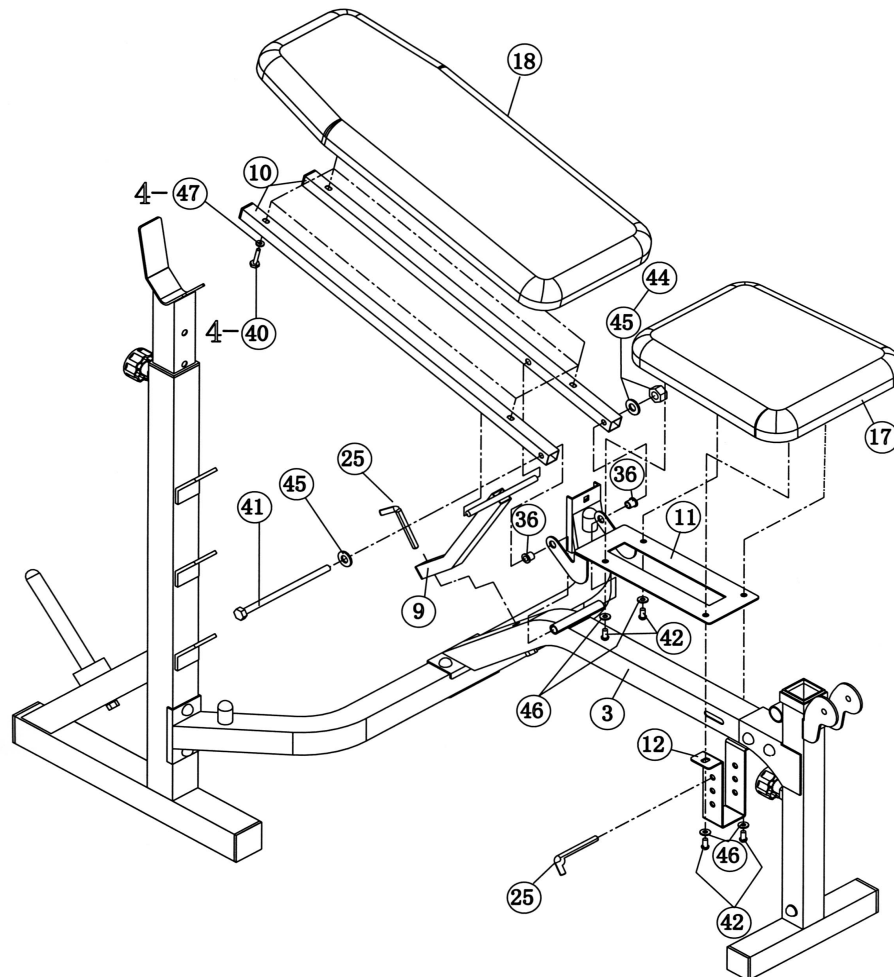
### DIAGRAM 2



### STEP 3 (See Diagram 3)

- A.) Attach the hole-side of the Seat Bracket (#11) to the Pivot on the Main Seat Support (#3). Push two Bushings (#36) into the holes on the Pivot.
- B.) Attach the Backrest Supports (#10) to the Pivot. Secure it with one M10 x 7 1/4" Hex Bolt (#41), two  $\varnothing$  3/4" Washers (#45), and one M10 Aircraft Nut (#44). DO NOT tighten the nut and bolt yet. Place the Backrest Incline Support (#9) in between the two Backrest Supports (#10). Securely tighten the Nut (#44) and Bolt (#41).
- C.) Place Backrest Board (#18) onto the Backrest Supports (#10). Secure it with four M6 x 1 3/8" Hex Bolts (#40) and  $\varnothing$  1/2" Washers (#47).
- D.) Place the Seat Pad (#17) onto the Seat Bracket (#11). Secure the two back holes on the Seat with two M8 x 5/8" Hex Bolts (#42) and  $\varnothing$  5/8" Washers (#46). Secure the two front holes on the Seat with a Seat Incline Adjustment (#12), two M8 x 5/8" Hex Bolts (#42) and two  $\varnothing$  5/8" Washers (#46). Insert a 4" L-shaped Pin (#25) into the selected hole on the Seat Incline Adjustment to hold the desired seat incline. When using the Uprights to do squat exercises, lift the Backrest Board to vertical position and secure it with a 4" L-shaped Pin (#25). NOTE: The vertical support is not designed to sustain any weight. The only purpose of it is to get the Backrest Board out of the user's way when doing squat.

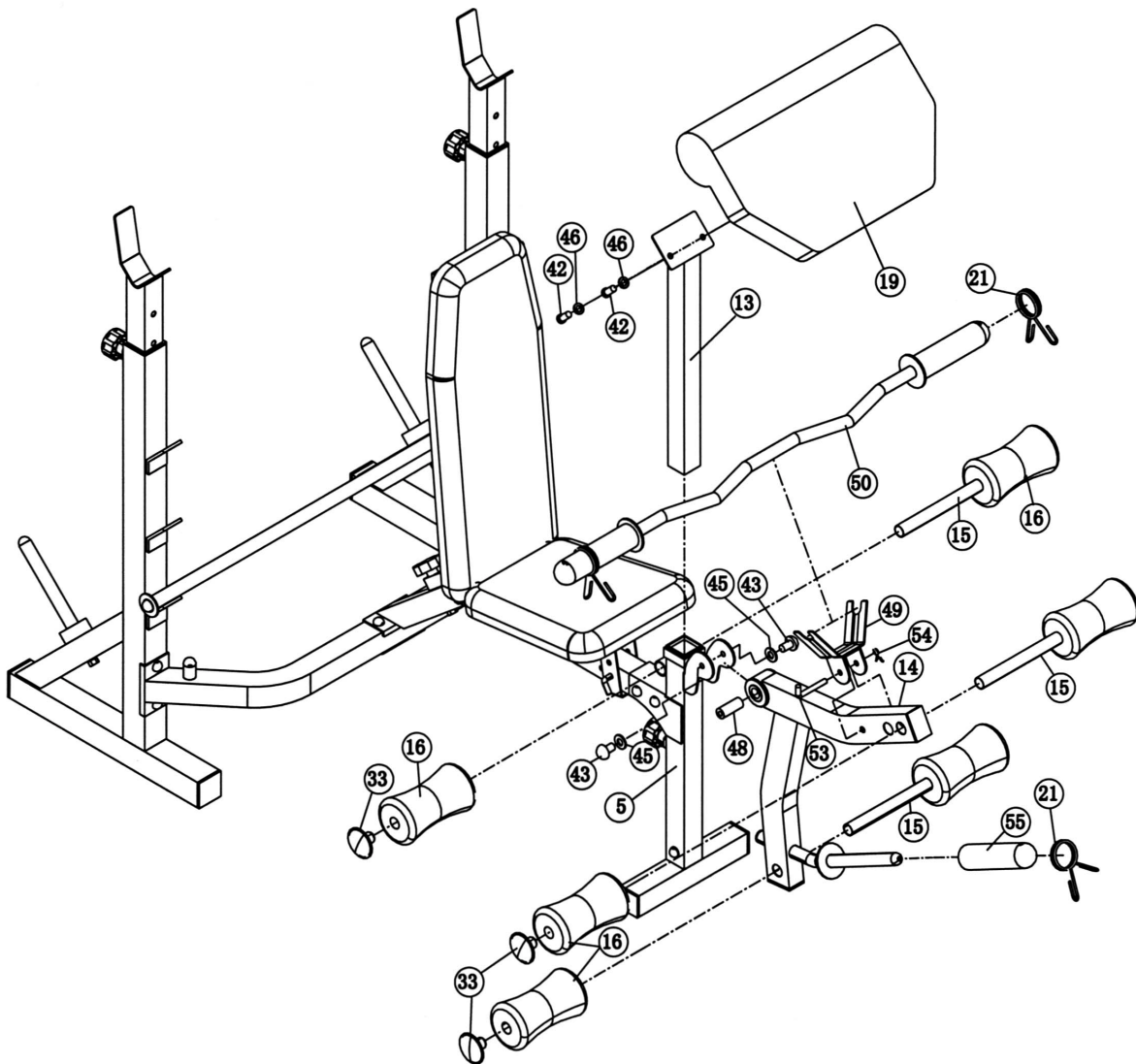
### DIAGRAM 3



#### STEP 4 (See Diagram 4)

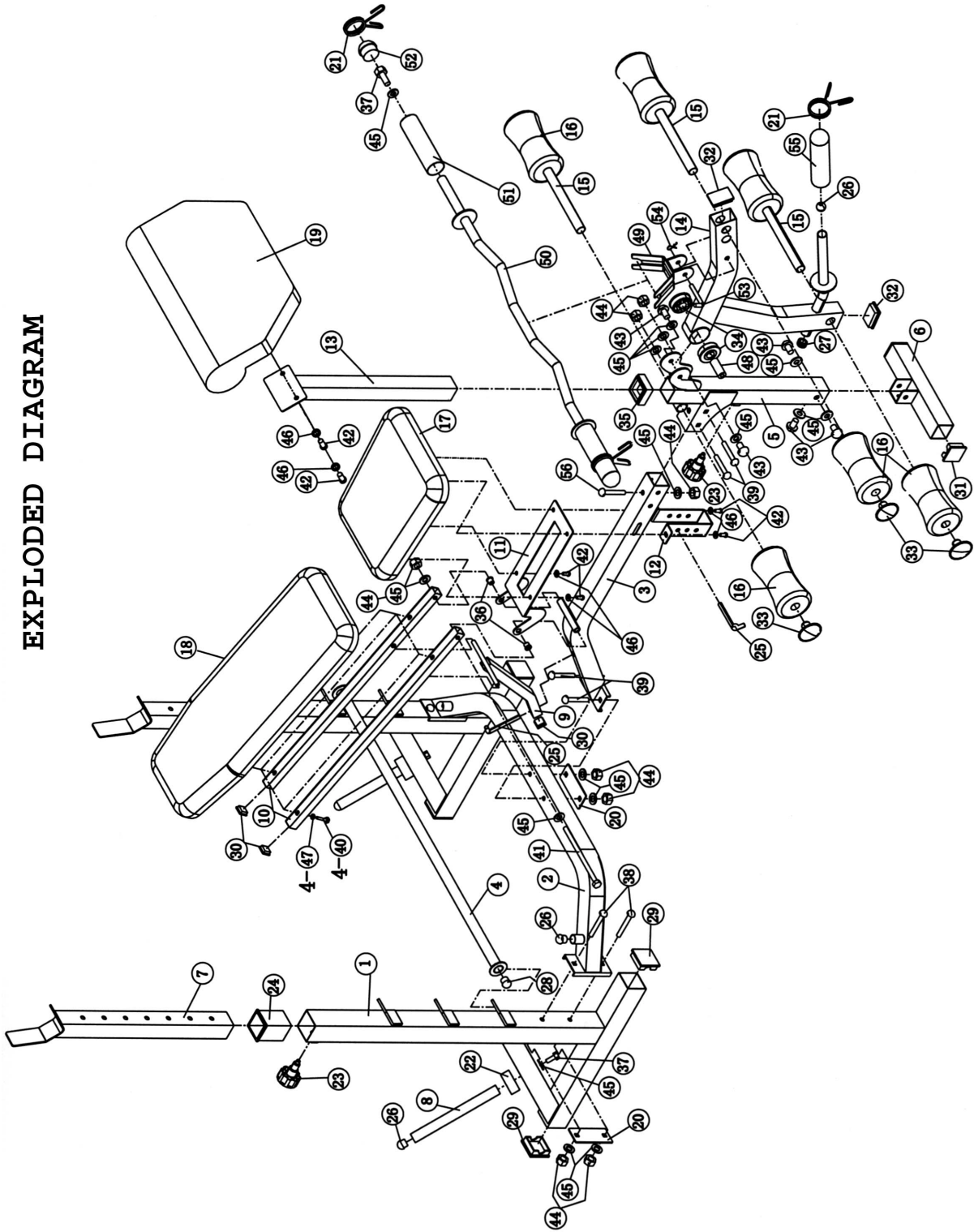
- A.) Attach the Leg Developer (#14) to the bracket on top of the Leg Developer Holder (#5). Secure it with an Axle (#48), two  $\text{\O} \frac{3}{4}$ " Washers (#45), and two M10 x  $\frac{5}{8}$ " Allen Bolts (#43). Slide the Olympic Sleeve (#55) onto the post on the Leg Developer. Attach a Spring Clip (#21) to the Sleeve. Note: When using the decline position to do Ab exercises, place at least 30lbs of weights on the Sleeve to hold down the Leg Developer.
- B.) Insert one Foam Roll Tube (#15) halfway through the hole on the Leg Developer Holder. Insert two Foam Roll Tubes (#15) halfway through the holes on the Leg Developer (#14). Push six Foam Rolls (#16) onto the Tubes from both sides. Plug six Foam Roll End Caps (#33) to the ends.
- C.) Attach the Arm Curl Pad (#19) to the Arm Curl Stand (#13). Secure it with two M8 x  $\frac{5}{8}$ " Hex Bolts (#42) and  $\text{\O} \frac{5}{8}$ " Washers (#46). Insert the Arm Curl Stand into the top opening in front of the Seat.
- D.) Attach the Curl Bar Holder (#49) to the Leg Developer (#14). Align the holes and secure it with 2  $\frac{3}{4}$ " L-shaped Pin (#53). Attach a  $\text{\O} \frac{3}{8}$ " Spring Clip (#54) to the Pin. Attach two Spring Clips (#21) to both ends of Curl Bar (#50). Place the Curl Bar on the Curl Bar Holder for Arm Curl exercises.

#### DIAGRAM 4





# EXPLODED DIAGRAM



# PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Upright Beam	2
2	Cross Brace	1
3	Main Seat Support	1
4	Backrest Adjustment Bar	1
5	Leg Developer Holder	1
6	Front Stabilizer	1
7	Crutch	2
8	Weight Post	2
9	Backrest Incline Support	1
10	Backrest Support	2
11	Seat Bracket	1
12	Seat Incline Adjustment	1
13	Arm Curl Stand	1
14	Leg Developer	1
15	Foam Roll Tube	3
16	Foam Roll	6
17	Seat Pad	1
18	Backrest Board	1
19	Arm Curl Pad	1
20	Bracket	3
21	Spring Clip	3
22	Rubber Bumper	2
23	Lock Knob	3
24	3 1/8" Sleeve	2
25	4" L-shaped Pin	2
26	Ø 1" Cone-shaped End Cap	5
27	Ø 1" End Cap	1
28	Ø 1 1/8" End Cap	2
29	2 3/8" Square End Cap	4
30	1" Square End Cap	3
31	2" Square End Cap	2
32	2 3/8" x 1 5/8" End Cap	2
33	Foam Roll End Cap	6
34	Ø 2 3/8" Bushing	2
35	2" Sleeve	1
36	Bushing	2
37	M10 x 1" Allen Bolt	4
38	M10 x 3 1/8" Carriage Bolt	4
39	M10 x 2 3/4" Carriage Bolt	4
40	M6 x 1 3/8" Hex Bolt	4
41	M10 x 7 1/4" Hex Bolt	1
42	M8 x 5/8" Hex Bolt	6
43	M10 x 5/8" Allen Bolt	5
44	M10 Aircraft Nut	10
45	Ø 3/4" Washer	20
46	Ø 5/8" Washer	6
47	Ø 1/2" Washer	4
48	Axle	1
49	Curl Bar Holder	1
50	Curl Bar	1
51	Curl Bar Sleeve	2
52	Ø 2" Cone-shaped End Cap	2
53	2 3/4" L-shaped Pin	1
54	Ø 3/8" Spring Clip	1
55	Olympic Sleeve	1
56	M10 x 2 1/2" Carriage Bolt	1

# ***IMPEX INC.***

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. **Register on-line at [www.impex-fitness.com](http://www.impex-fitness.com)**

**IMPEX INC.  
14777 Don Julian  
City of Industry, CA 91746**

### **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase